

Valley Celebrates Celebrates Neighborhood Day



Friends and neighbors got together Sept. 22 for a wonderful day of fun, food and entertainment as Visitacion Valley celebrated its fourth annual Neighborhood Day at Herz Playground near McLaren Park.

Valley Mourns Loss of Neighborhood Leader Henry Schindel

Neighborhood residents were saddened in September to learn of the death of long time Visitacion Valley resident, realtor and business leader Henry Schindel. He was 96.

Born on April 26, 1905 at Melville, Saskatchewan in Canada, Schindel arrived in San Francisco in 1923 and soon entered the laundry business.

He met his future wife Molly, a Visitacion Valley native, at one laundry and they moved into a new house on Schwerin Street in 1937

where they raised two daughters. During the post-war housing crunch in 1948 he became a real estate broker. And in 1950 he opened what would eventually total six successful businesses on Leland Avenue selling furniture, paint and appliances.

Schindel had also performed professionally as a musician.

Schindel served as president of the Visitacion Valley Merchants Association for close to two decades, and

for many years as president of the Visitacion Valley Improvement Association, receiving a certificate of merit in serving the City of San Francisco and Visitacion Valley for 50 years.

For decades, Schindel worked with the Visitacion Valley Community Center. In 1995, he received an honorary doctorate from John F. Kennedy University in Orinda, signifying a lifetime of achievement in his community.

Subpoenas and Lawsuits Part of New Probe to Prosecute Gas Price Gougers

Attorneys general from four states issued subpoenas, and in some cases, filed lawsuits Sept. 20 against gas stations for alleged price gouging customers shortly after the Sept. 11 terrorist attacks, reported AAA of Northern California.

Florida, Illinois, Kansas and Michigan have all taken steps toward legal action against suppliers for illegally profiteering amidst fears of possible gasoline shortages.

"Capitalizing on the fears of consumers is not only illegal, but unethical," said AAA spokesman Atle Erlingsson. "We support all efforts by state officials to control unjustifiable gas price increases, including prosecution when necessary."

*Florida: Attorney General Bob Butterworth issued 15 subpoenas to companies that allegedly raised their prices at least 10 cents shortly after the attacks.

*Illinois: The Oil Price Information Service reported that Casey's General Stores, Inc., a large Midwestern retailer, now faces a lawsuit filed by the attorney general for raising prices to \$5 a gallon at more than a dozen locations.

*Michigan: Attorney General Jennifer M. Granholm filed suits against nine gas stations for allegedly increasing prices to a range of \$2.91 to \$5 a gallon.

*Kansas: The attorney general is offering a settlement agreement to the estimated 140 stations that may have raised their prices to \$2.49 a gallon or more. Under the agreement, the

retailers would pay a \$1,000 fine (\$750 going to The Sept. 11 Fund). Those who fail to comply face fines up to \$10,000 per violation.

"Luckily, there were no widespread reports of price gouging here in California, but there was sporadic

Surge in Northern California Gas Prices

AAA reports that all cities in Northern California saw gas prices surge in the wake of the Sept. 11 terrorist attack and already inflated wholesale gasoline prices.

In the past month, the average price for a gallon of regular unleaded self-serve gas in Northern California jumped 17 cents to \$1.80. The Bay Area average is \$1.86, a 13-cent monthly climb Yreka saw the biggest monthly increase, with prices leaping by 36 cents to \$2.01 a gallon. Although prices shot up 21 cents, Fresno recorded the lowest prices in the state at \$1.46 a gallon.

The national average increased 15 cents to \$1.54.

"Historically, turbulence in world markets often causes gas price fluctuations up and down," said Bronwyn Hogan, AAA spokeswoman. "But motorists should realize that the supply, demand and delivery infrastructure of gasoline were not interrupted in last week's attack. The jump in retail prices was mainly the result of already increasing wholesale prices. Also there is no reason to believe that these price increases are caused by price gouging or gasoline shortages."

Southern California reports an average of \$1.67, a nickel increase in one month.

The California average rose 10 cents to \$1.73 a gallon.

"In a show of support and friendship, OPEC nations would increase their production levels if the gasoline situation worsens," said Alan Kovski, energy analyst. "But these hikes are not expected to endure."

Enforcement Initiatives Now Aimed at City Parking Lot Operators

San Francisco Treasurer Susan Leal on Sept. 24 announced the immediate implementation of a series of enforcement initiatives aimed at parking lot operators, including a requirement that all lots post a bright red *Certificate of Authority* at every lot indicating that they can legitimately collect parking fees. The certificate will be issued by the Office of the Treasurer and Tax Collector.

The City's parking tax, established years ago by the Board of Supervisors, amounts to 25 percent of the total of each parking transaction. In order to collect parking fees, lot operators must also obtain a bond and register annually with the Office of the

Hearings to Collect Public Input On Community Development Needs

Four hearings have been scheduled for October to collect public input on neighborhood housing and community development needs in 2002.

Hearings to consider allocation of the Community Development Block Grant (CDBG), Emergency Shelter Grant (ESG), and Home Investment Partnership (HOME) program funds will be held from 5:30 to 7:30 p.m. on: Monday, Oct. 1 at the Burnett Child Development Center Auditorium, 1520 Oakdale Ave.; Wednesday, Oct. 3 at Jefferson Elementary School Auditorium, 1725 Irving St.; Thursday, Oct. 11 at the Excelsior Boys and Girls Club, 163 London St.; and Monday, Oct. 15 at the Board of Supervisors Committee Room 263 at City Hall.

These hearings are an opportunity for individuals to inform the Citizens' Committee on Community Development (CCCD), the Mayor's Office of Community Development (MOCD), and the Mayor's Office of Housing (MOH) of the needs within their neighborhoods, especially as related to

the following MOCD/MOH priorities:

**Housing*: New construction and rehabilitation of affordable housing.

**Community Facilities*: New construction and rehabilitation of community facilities, including affordable space for the co-location of non-profit organizations.

**Neighborhood Stabilization*: Programs that promote the development of healthy neighborhoods, including essential services for individuals and infrastructure support to neighborhood organizations.

**Economic Development*: Activities that support small businesses and create employment and entrepreneurial opportunities for lower income neighborhood residents.

Time for public comment will be allotted for each of the priority areas. Individuals unable to attend the hearings may submit written responses by Oct. 15, 2001 to: Mayor's Office of Community Development, 25 Van Ness Ave., Suite 700., San Francisco, CA 94102.

VVJET Graduates Newest Carpenters

For the fifth consecutive year, Visitacion Valley Jobs, Education and Training (VVJET) program on Sept. 6 graduated a group of new carpenters from its apprenticeship program.

Based at The Village community center at 333 Schwerin Street, VVJET provides comprehensive job readiness, training, placement and retention by providing instruction in life skills, asbestos removal, lead-based paint abatement, demolition, quarry work, dredging, and clerical work. Trainees in the program are also referred to other adjacent construction projects.

VVJET was created in July, 1996 through an Enterprise Community grant following a 1994 arrangement between the City and County of Francisco and HUD. That agreement secured - for neighborhood residents - 30 percent of the jobs associated with the anticipated demolition and rebuilding of Geneva Towers and other outmoded public or HUD-

assisted housing.

VVJET began recruitment efforts in September 1994 with partners in the program including the Sunnydale Tenant Association, Geneva Towers Resident Council, San Francisco State University Urban Institute, the local Private Industry Council, San Francisco Department of Human Services, and a number of local construction unions. Partnerships with construction-related unions, such as Locals 16, 22, and 26 enable workers to join the union at prorated plans.

Since, December 1997, Nearly 1,000 residents have received job training, referral, or placement through VVJET. Construction of Heritage Homes, Britton Courts, and the soon to be completed John King Senior Community - developments in Visitacion Valley that replaced the former Geneva Towers - have brought well-paying jobs to more than 250 neighborhood residents during the past few years.

How to Carefully Choose Your Reverse Mortgage

There's a certain satisfaction in signing a reverse mortgage. After spending a big chunk of your lifetime and income paying off your home, wouldn't it feel good to turn the tables and get your lender to pay you back?

"More seniors are finding a reverse mortgage provides cash for things they need in the golden years," says Richard Roll, president of American Homeowners Association (AHA). "But since your home is possibly your largest source of financial security, it's smart to know more about reverse mortgages before calling the lender."

Simply put, a reverse mortgage is a special type of home loan that converts home equity into cash. Many seniors use it to supplement social security, meet unexpected medical expenses, make home improvements, or provide other needs in retirement.

But unlike a traditional home equity loan or second mortgage, no repayment is required until the borrower no longer uses the home as a principal residence.

You do not have to demonstrate sufficient income to qualify for the loan; you just need to have most of your home paid off. The maximum you'll qualify for will probably be 50

to 75 percent of your home's market value. And the loan proceeds are tax free.

When you sell your home or no longer use it for your primary residence, you or your estate will repay the cash you received from the reverse mortgage, plus interest and other finance charges to the lender.

Be sure to obtain the exact terms of payoff from your lender. None of your other assets should be affected and no debt passed along to your estate or heirs.

Just remember that seniors are targets for opportunists wanting to get their hands on all that home equity. Don't buy into pressure sales or fast talk, not even from "friends" or relatives.

And beware of firms that offer to provide the name of a lender for a "small percentage" of the loan. Generally speaking, stay away from using an estate planning service, or any service that charges a fee just for referring you to a lender.

Just because you heard about a reverse mortgage program from a remodeling company or someone trying to sell investment products, doesn't mean you have to purchase their services.

Free San Francisco Sustainability Fair

San Francisco will host a free Sustainability Fair focusing on environmental education on Saturday, Oct. 13 from 10 a.m. to 3 p.m. at Lincoln High School, 2160 24th Ave.

More than 50 educational booths will highlight the fair's four themes of recycling, water conservation, energy efficiency and ecology. Local bands will provide live entertainment.

Grapevine Mailbox

Breaking a Dangerous Cycle of Violence

Dear Editor,

On Sept. 11, our world changed. With the unspeakable events in New York City, Virginia, and Pennsylvania — events whose origins we do not yet fully comprehend — we at International Rivers Network join all other people of good will in expressing compassion and solidarity with the victims of these tragic and senseless acts. Our hearts are open to all those who have been affected, especially those who have lost loved ones.

As we move forward from this horrible tragedy, we encourage all people to support nonviolence rather than retaliation as the appropriate response to these acts. Similarly, we urge our leaders in Washington to refrain from responding to this tragedy in a manner that visits more pain and suffering on an already sorrowed world. We also join in urging everyone to resist assigning responsibility to any particular group and condemn the hateful actions and discrimination that have been targeted at the Arab American community.

We believe that the cycle of violence in which so many nations have long participated must be broken. Dr. Martin Luther King, Jr. reminded us that "peace is not the absence of conflict, but the presence of justice." We invite all people to join us in envisioning new ways to break the cycle of violence against all living beings and the Earth, so that the peace that is justice may flourish for all.

Sincerely,
Sffaff of Intemational Rivers Network

CO2 And You

Here's good news, for a change, about our environment: Results from controlled studies around the world show how a doubling of carbon dioxide (CO2) in the atmosphere, which is expected to occur over the next century, will increase crop yields by 30 to 40 percent, double the water-use efficiency of most of earth's vegetation and could triple the productivity of forests.

The level of carbon dioxide in the atmosphere is increasing—from about 270 parts per million before 1800, to about 365 now, to an estimated doubling to 720 or more within the next 100 years.

Only about twenty-five food crops stand between humans worldwide and starvation. Increasing the CO2 level from the current level to two times what we have today would basically increase plant yields.

"Increased levels of CO2 have another consequence," says Park S. Nobel, the head of the Department of Biology at the University of California-Los Angeles. "In particular they can improve the water-use efficiency of plants." That is, the amount of water that's used by plants to produce the same amount of growth actually decreases with increased CO2. "When we have the elevated CO2, the higher atmospheric CO2 level makes it easier for CO2 to go into the plants so the pores-called stomates—don't have to open as widely. When the pores aren't open as widely, it's more difficult for water to come out." There's actually less water loss per unit of carbon that's being taken up into the plant. As a result of that, water-use efficiency goes up.

You can learn more about CO2 in our atmosphere and what it may mean for our food and our future from the experts at the Greening Earth Society, a not-for-profit, grass roots organization of people who believe humans are a part of nature, not apart from nature. It can be found online at www.greeningearth.org or you can call 800-529-4503. NAPS

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Making Some Sense of the Attack

by Christopher C. Harmon

It was a confederation of individuals from around the Middle East and North Africa. They lived in America. Some had been here quietly for a long time; others were fresh off the airplane. They all followed a sheik — a Moslem religious leader — of the most extreme politics and vicious opinions. He taught them, in effect, that the door to the sublime beauties of the Koran was entered with the twist of key sentences. They were to kill the enemies of Islam (as selected by violent sheiks). They had a duty to punish allies of Israel, a foul and foreign state defacing "greater Palestine."

"Jihad" meant more than personal struggle and purification and religious preparedness; it meant killing, and deaths would be welcomed by the divine.

After the savage attack on the World Trade Center in New York City, one or two of their notebooks appeared, and one or two of those arrested chose to talk unblushingly. In the U.S. they would attack "the twin pillars of American civilization" — totems of success and capitalism and power. Americans must be punished for their "pride." The leader flatly said he hoped to topple the North tower against the South, and cause 250,000 casualties. Testaments against American Middle East policy flowed readily. America is a great Satan.

All the murderers were male. One man was a chemical engineer, whose skills and manuals helped them make a huge simple vehicle bomb. It went off in the basement of the North tower, blowing a hole seven stories deep and 200 feet across. But the leader said he was disappointed. Only six people died, even if another 1,000 were injured. It would only cost \$1 billion dollars to repair one structure. Yet we largely forgot. We locked up Sheik al-Rahman and Ramzi Youssef and some others and we moved on.

February 26, 1993 receded from memory, like it was a century ago, maybe sometime after the bombing of Haymarket.

In the present case, the veils over the perpetrators are only slowly being lifted. We see what, but not yet precisely who. It was a diverse group of men, assembled by first-rate planning from many states, some foreign. They had technical skill to mix with their bottomless resolution. The suicide pact bespeaks religious fervor. A Koran appears among other documents and practical manuals. Their only personal weapons seem to be knives: more than just a solution to the X-ray screening at airports, the knife was the archetypal terrorist weapon of the "Assassins" of the Middle East 900 years ago, and the first and favorite weapon of Hamas in the period after 1988. And, after all that, this attack is against the same Trade Towers.

Terrorism is about power. It is a strategy — to hurt enemies, thrill friends, inspire allies, and thus to enhance power for political purposes, including politico-religious purposes. Middle Eastern and North African terrorism has struck the U.S. directly and repeatedly, and the motives vary only a little with circumstances. Yet this terrorism is still misunderstood and, it is usually quickly forgotten. Until now.

We have listened to the words of these power-hungry enemies even less than we listen to the sound of the bombs. The charter of Hamas is over a decade old. It is filled with poetic passages, careful arguments, and cries for the blood of anyone who supports Israel's "partition of Palestine. Yet for all that, it is never read on our news shows or studied by our university undergraduates.

When Osama Bin Laden published a fatwa in 1998 promising to drain American blood — civilian and military — for daring to oppose Iraq's war on Kuwait, or support Israel, only a few words of the full text were ever aired. When Bin Laden blew up two embassies, killing hundreds of Africans and a few Americans, we settled for the trials of a few of his underlings and then mentally we moved on. When the USS Cole was blown up by suicide attackers in Yemen, it was a shock, briefly; we saw Bin Laden exult on camera but our formal investigation bogged down badly in murk and detail.

Perhaps until September 11, the les-

sons have been lost. Every time, some of us have refused to understand the attacks. On the morning of the 1993 World Trade Center bombing, an American terrorism expert with a Ph.D. told me it couldn't be foreigners because such great damage would not suit their strategy. Terrorism has another effect: Each time, like the fools in our old children's books, we respond to the rock dropped into our group by turning against each other. Some Americans damn our Israeli friends. Some warn all non-Arab Americans to beware their hideous tendencies to racism. Commentators fuss even now over whether doing justice will merely "further the cycle of violence," as if the devastation of one end of Manhattan can just be accepted with quiet dignity.

The lessons were there to learn, whether studied in word or deed. In New York in 1993, in East African capitals in 1998, and in the Cole catastrophe in 2000, there were obvious pre-ludes to future attacks. The lessons were there in the Millennium plot by Algerians, a team with German and Bin Laden connections who took up quiet residence in Canada, and then moved south to bomb the Seattle Space Needle or a target in California or both. These were all political offensives, aimed at toppling symbols of American power so as to enhance the powers of militant Islam. Even now, with New York's two tallest pillars in rubble, we meet people who still do not understand.

Terrorists are our enemies, and the enemies of all who understand the short glorious word "democracy" and the simple phrase "rule of law." Their approaches to political life and competing interests turn not upon truths acknowledged by human reason, but upon bullets fired to punctuate declarative sentences.

Like pirates, terrorists are enemies of mankind. They should be hunted down anywhere and everywhere by all civilized states and given capital punishment. Moreover, their safe havens and state supporters are in violation of every respectable tradition of international law, and even the softer strictures of the UN Charter. States have never had the right to protect those who sally forth to murder and maim elsewhere; indeed the well-known duty of states is to suppress such parties as they do pirates.

Our counterterrorist actions have been totally inadequate. As one example, we have magnificent special forces which train for years and are never or almost never used against terrorists and their training camps. There are many other good tools and options. But on one matter, we no longer have a choice: the principle of self-defense now demands a forceful, broad, and truly effective reply. So do decency and common sense. So does a long train of recent atrocities — no matter WHO did the latest attack in New York.

Christopher C. Harmon is author of *Terrorism Today* (London: Frank Cass Publishers, 2000) and an adjunct fellow of the Claremont Institute.

Everyday Cooks Reveal Time-Saving Secrets

When more than 4,000 people from New Jersey to California submitted some of their favorite ways to save time in the kitchen, the result was a variety of time-savers that cooks everywhere can share. Here are six of the 10 Grand Prizewinning tips from the Stouffer's Oven Sensations "Sensational Time-Saving Tips" contest.

*Pancake Squares?—Instead of standing at the griddle, cooking pancake after pancake, spread the batter onto a greased jellyroll pan and bake for 15 minutes. Cut the pancakes into 4-inch squares and serve.

*No Hassle Garlic—Garlic skins slip right off after microwaving the cloves for 12 seconds.

*Slice and Dice—Use your butter-pat slicer instead of a knife to cut mushrooms quickly, safely and easily.

*Doth Your Pot Run Over?—If you spray oil around the top of a pot before adding the water, it will be less likely to boil over.

*A Meaty Muffin—Meatloaf baked in muffin tins saves time and looks as cute as can be.

*Holy Hamburgers—Hamburger patties cook much quicker if you make a hole in the center of the patty. As the hamburger cooks, the hole disappears. NAPS

Safer Play Area for VVCC Child Care



A construction crew recently removed asphalt from the play area of Visitacion Valley Community Center's Child Care and replaced it with a safer surface.

New Twist on Great Flavorful Fruit Snacks

It's no surprise that most kids go bananas for after-school snacks. So why not use the fruit to create tasty, healthful snacks that have plenty of "a-peel" with youngsters?

It's always a good idea to have bananas on hand. Not only do they make an instant snack straight from the peel, they're good for you.

Here are some shopping and storage tips to help you make the best of bananas year round:

*Full-yellow peel bananas are ready for eating right now—straight from the peel or sliced into fruit salad, over cereal or on peanut butter and banana sandwiches.

*Bananas with a speckled peel are extra-ripe and are best for adding to baked goods, or for slicing into blender drinks, frozen or not. For example, you can whip up a delicious Pineberry Smoothie by mixing bananas, yogurt, pineapple juice and assorted fresh berries.

Here's another twist on the old favorite: chocolate-covered, frozen banana chunks with a choice of toppings (chopped butter brickle candy, toasted almonds or decorative sprinkles). With just a few everyday ingredients, parents-or the kids themselves—can make up a batch of Balboa Banana Treats at a moment's notice.

Encourage your family to think of bananas as the ultimate, nutritious "fast food."

Balboa Banana Treats

Prep Time: 15 minutes; freeze Time: 30 minutes; makes: 4 servings.

1 cup hot fudge topping; 4 green-tipped Dole bananas; chopped toasted almonds (for topping); chopped butter brickle candy (for topping); decorative sprinkles (for topping)

*Place hot fudge topping in 9-inch glass pie plate. Microwave on High for 45 seconds or until thin consistency.

*Cut each banana into 4 pieces. Place banana pieces in warm sauce. Using two forks, turn to coat with chocolate.

*Roll in topping of choice. Place banana on wax paper on small plate. Repeat process, coating all bananas.

*Freeze bananas for 30 minutes. Defrost slightly and serve on toothpicks.

Nutrition Information (per serving): 141 calories, 2g fat (1g sat. fat), 0mg cholesterol, 40mg sodium, 33g carbohydrate, 2g protein.

Pineberry Smoothie

Prep Time: 5 minutes; makes: 2 servings.

1 medium, ripe Dole banana, quartered; 1 cup Dole Pineapple Juice; ½ cup vanilla or plain lowfat yogurt; ½ cup fresh or frozen strawberries, raspberries or blueberries.

*Combine banana, juice, yogurt and strawberries in blender or food processor container. Cover; blend until thick and smooth.

Nutrition Information (per serving): 174 calories, 0g fat (0g sat. fat), 0mg cholesterol, 37mg sodium, 41g carbohydrate, 4g protein.

For more recipes, visit the Web site at www.dole.com/health/recipes. NAPS

Interesting Facts About Credit Interest

Comparison shopping when it comes to selecting a credit card can save a consumer money and help to protect a credit rating down the road. While some consumers are willing to pay for the convenience a card offers, many are not aware they can save money in the long run by comparing interest rates.

Here are a few key terms to consider and compare when shopping for a card. The annual percentage rate or APR is the interest rate the consumer pays on an annual basis on balances carried from one billing cycle to the next.

Be aware that some credit cards charge different interest rates for purchases and cash advances.

If a credit card offers a variable rate, the interest rate is calculated according to a formula that usually involves what is called an index rate.

The index rate can be taken from the prime rate, Treasury bill rates, the fed fund rate or the Federal Reserve discount rate. If the index rate used to

calculate the interest rate on a credit card changes, the rate on the card will change too.

Some cards offer a tiered interest rate. This means that different rates apply to different levels of the outstanding balance. For example, a card may charge 16 percent on balances of \$1 to \$500 and 17 percent on balances over \$500.

When shopping for the right card consumers should consider their shopping and spending habits. For instance, if you don't always pay your monthly bill in full, you should probably consider a card that carries a lower APR.

But if you do pay off your bill in full each month, your best choice may be a card with no annual fee.

For more information, visit www.federalreserve.gov/pubs/shop or call 202-452-3244 or write to Federal Reserve Board, Publications, MS-127, Washington, DC 20551. NAPS

JOHN KING SENIOR COMMUNITY

Mercy Housing California, John King Senior Center and HCD are extending the time period in which applications will be accepted for new affordable HUD senior housing at the John King Senior Community located in the Visitacion Valley of San Francisco.

To qualify you must:

- 1) Be at least 62 years of age or older,
- 2) Have no more than two persons in your family,
- 3) Meet HUD income criteria, and
- 4) Have been a former resident in good standing that was relocated from Geneva Towers, or
- 5) Currently live in the 94134 zip code area.

If you have not already submitted an application, call Mercy Housing at (415) 522-5370 to request an application by mail. Applications will only be accepted by U.S. Mail and postmarked by the October 12, 2001 deadline.



Unrealistic Retirement Dreams for Baby Boomer Generation

The American Dream is alive and well for Baby Boomers-as long as they keep working. Half of affluent Baby Boomers surveyed said they'd like to retire by age 55, but only one in five expects to be financially secure enough to do so, according to a new national survey by one

of the top U.S. financial services firms.

The survey findings show a clear contrast between dreams and reality, according to Thomas J. McNemey, CEO of ING Aetna Financial Services, sponsor of the "Boomers on the Brink" survey. Despite the fact that 80 percent of those surveyed said they'd be as well-off or better-off in retirement than they are now, most of those retirements will not come early. Three-quarters hope to retire by 60, but only about half actually expect to be financially secure enough to do so. By contrast, only 8 percent of those surveyed said they'd need to work beyond the age of 65.

Adding to this predicament, one in five who have changed jobs said they had cashed out the money in their former employer's retirement plan, a step experts strongly advise against. Moreover, 37 percent said they would be "very" or "somewhat" likely to take cash out of their 401(k) or other retirement plan if they changed jobs in the future, instead of leaving it alone or rolling it over into another plan.

McNemey said the survey findings suggest a potential deepening reservoir of disappointment or frustration among more experienced workers. "By most indicators, retirement by 60 is not a very realistic prospect for most people. We're talking about a serious disconnect here between the golf course and the grindstone," he said.

The survey, which was conducted by the polling firm SWR Worldwide, had 500 respondents and covered people aged 35 through 55 with annual household incomes between \$50,000 and \$125,000.

Generation in Denial

Nearly half (44 percent) of affluent Baby Boomers say they spend one hour or less on financial planning activities related to retirement in a typical month. McNemey cited this response as a symptom of the problem Baby Boomers face, especially in light of their expectations for retirement.

"It's amazing when you consider that the average American spends 120 hours watching television in a given month, compared with one hour or less planning for retirement," McNemey said. "Some of this may be because financial planning can be confusing. There aren't any shortcuts."

Regardless of age or financial situation, most people should be guided by three simple rules in planning for retirement,

according to McNemey: pay yourself first, force yourself to leave your long-term savings alone, and be disciplined in how you choose to spend money.

Many Boomers Confused

Nearly half (44 percent) of affluent Baby Boomers say they find retirement planning either overwhelming or confusing-or they don't think about it at all.

The survey found that the 39 percent of affluent Baby Boomers who gave themselves a grade of "C" or worse for retirement planning overwhelmingly cited "failure to start planning for retirement early enough" as the main reason they are poorly prepared. "Living beyond (my) means" was the second-most-common response, with 22 percent. Other factors such as job instability and bad investments trailed far behind.

The tax cut bill recently signed into law by President Bush contains several retirement savings catch-up provisions for those over 50 years of age. The legislation benefits many Americans, particularly those who started saving too late or who left the work force for several years to raise a family, by allowing them to save more in tax-deferred retirement accounts.

Not all the findings in the survey were gloomy. Sixty-four percent said they feel more financially prepared for retirement than their parents were, while only 12 percent said they feel less prepared. And nine out of 10 surveyed said they have life insurance, a crucial piece of any sound financial plan. *NAPS*

Important Tips for Avoiding Food Contamination

Fruits and vegetables are an important part of a nutritious diet but they can also harbor bacteria that can make you sick. Improper agricultural practices, such as irrigating with unsanitary water, can introduce bacteria. Poor storage and transportation practices can result in contamination, as can unsafe handling by grocers, restaurants and consumers in the home. Here are some tips to keep in mind when handling fruits and vegetables that can protect you and your family from illness:

1. Wash hands with warm water and soap for at least 20 seconds before and after handling food.
2. Rinse raw produce in water. Don't use soap or other detergents. If necessary, use a small scrub brush to remove surface dirt.
3. Use smooth, durable and nonabsorbent cutting boards that can be cleaned easily. Plastic is easier to clean and less porous than wood.

Infants and Toddlers Not Getting Recommended Levels of Nutrients

Most parents do what they feel is best for their children, and feeding time is no different. A new consumer survey, however, shows that 88 percent of parents mistakenly believe their older infants are getting all the nutrients they need from cereal and table food. Science says otherwise.

According to a study published in Pediatrics, intakes of several key nutrients, such as zinc and Vitamin E, start to fall below recommended levels at about the time children are introduced to table foods.

Offering more support to this issue, a United States Department of Agriculture (USDA) survey finds:

*About 60 percent of one-year-olds are not meeting the RDA for iron, a key nutrient for mental development.

*Roughly four out of five one-year-olds are not receiving the RDA for vitamin E, an important antioxidant.

*Eighty-seven percent of one-year-olds are not meeting the RDA for zinc, a mineral important for growth as well as to help support the immune system.

"The normal behavioral declaration of independence that happens simultaneously with the introduction of new foods can lead to an imbalanced diet," said Donald L. Shifrin, M.D., Clinical Professor of Pediatrics at Washington School of Medicine.

As babies get older and become more independent, their likes and dislikes

begin to take shape, making feeding time more difficult. At an age when babies are reaching for what's on Mom's plate and picky eating reigns, older babies' intakes of key nutrients, such as iron, zinc and vitamin E, fall short of what's recommended. Part of the solution may come in the form of infant formulas designed specifically for older infants and toddlers, some experts believe.

The Ross Products Division of Abbott Laboratories has introduced Similac 2 for older infants, ages 6 to 18 months and Isomil 2 for older infants with milk sensitivities. Similac 2 and Isomil 2 are specially formulated to meet the evolving nutritional needs of older infants and toddlers as they move from breast milk and/or infant formula to table foods. The new formulas contain important nutrients including iron, zinc, vitamin E, and have more calcium than Similac With Iron or Isomil Soy Infant Formula With Iron.

"It's difficult for moms to know exactly what nutrients their babies may be missing. Formulas like Similac 2 and Isomil 2 help parents feel confident that they are keeping up with their babies changing nutritional requirements," said Susan Finn, Ph.D., R.D., director of nutrition and communications at Ross Products Division.

For more information on Similac 2 and Isomil 2, visit www.Similac2.com or call toll free at 1 800-515-7677. *NAPS*

in Fruits and Vegetables

may be compromised-people who are very young or very old, have a chronic disease or take certain medicines-should stick with specially treated or pasteurized juices and cider. Pasteurization kills harmful levels of bacteria.

7. When buying from a salad bar, avoid fruits and vegetables that look brownish, slimy or dried out. These are signs that the product has been held at an improper temperature.

For more information, call the FDA at (800) FDA-4010. *NAPS*

From the DA's Office

Hot Line Established For Reports on Hate Crimes and Harassment

District Attorney Terence Hallinan on Sept. 19 encouraged anyone who has been attacked, threatened, or harassed on the basis of religion or national origin to report the incident to a hotline established by a new anti-discrimination project. The number is: 1-877-282-2288.

The group, called Grassroots Organization from the Muslim and Arab Community, is documenting crimes and offering counseling and services to victims of intolerance. The information will be forwarded to the San Francisco Police Department.

"Many individuals are reluctant to report incidents of intolerance," said Hallinan. "We need the information in order to prosecute these crimes. All episodes will be evaluated and treated seriously by this office."

Residential Burglar Pleads Guilty

Albert Deeds, 23, pled guilty Aug. 28 to eight counts of residential burglary and one count of auto burglary in connection with a spate of nighttime residential burglaries in San Francisco. He was sentenced Sept. 26 to nine years, four months in state prison.

Over the course of three weeks in February, 2000, Deeds broke into homes in Pacific Heights, Noe Valley and Ingleside. He was arrested while parked in a stolen car outside a house he had just burgled.

Deeds had no prior criminal record as an adult. He was arrested with a gun in his pants, but had never used it or pointed it at a victim. If he re-offends by committing a violent or serious felony, he would be treated as a three-strike offender.

Abalone Sale Leads to Charges

San Francisco resident Woo Hyung Youn, 43, was arraigned Sept. 4 in Superior Court on charges of illegally selling abalone, a violation of section 7121 of the California Fish and Game Code.

Arraignment of the purchaser, Sang Yin Kim, 39, was put off to Sept. 20 after Kim requested a Korean interpreter.

The illegal sale of abalone, although a misdemeanor, carries a statutory minimum fine of \$15,000 and a maximum fine of \$40,000. If convicted, Youn will have his sports fishing license revoked.

Sport fishing of abalone is legal, but divers are limited to four per day, and the cannot sell them.

Acting on a tip, state Fish and Game wardens in June, 2000 observed members of the Northern California Korea Scuba Association, including Youn, taking excessive amounts of abalone out of the ocean near Albion in Mendocino County. The wardens followed Youn back to San Francisco and saw him sell one of his abalone to Kim. The sale was recorded on videotape.

Youn is also being prosecuted in Mendocino County for possessing abalone in excess of the legal limit.

Lieutenant Nancy Foley of the California Department of Fish and Game described the Northern California coast as "one of the last self-sustained abalone resources in the world. We don't want to lose it."

S.F. Man Convicted Of Mayhem

After nearly four days of deliberation, a San Francisco jury on Sept. 20 convicted Robert Chambers, 27, of attempted rape and causing great bodily injury.

The victim was attacked in a parking lot at Hayes and Octavia Streets on Aug. 4, 2000 shortly after 1:30 a.m.

Sentencing is Oct. 19 in San Francisco Superior Court Dept. 25. Chambers faces more than 10 years in prison..

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Book Reviews

An Obsession with Movies That Pays Off

They say that the mark of a good book is when an author is able to draw the reader into his or her obsession. If that is true, then *The 247 Best Movie Scenes In Film History* (McFarland Classics, \$20) by Sanford Levine is a very good book indeed.

From the moment readers discover there are people who go to movies just to see a specific cemetery scene, or a favorite haircut scene, they're hooked. The book's movie fans, whether they prefer train scenes or cigar scenes, even form clubs that pass on information to each other about what time their favorite scene goes on. By this time, readers are not only drawn into, but start enjoying the author's obsession. *The 247 Best Movie Scenes In Film History* is a book that talks about movies the way movie fans do.

For example, brain tumor fans point out that *Dark Victory* (1939) proves their theory that the rich have better brain tumor symptoms than the rest of us. (Bette Davis's were losing a bundle of money at bridge because she couldn't concentrate, and double vision when the horse she was riding is about to jump a fence.)

Accounting scene fans like to say that Gene Wilder will be talked about in the profession for years to come as the accountant who made Zero Mostel say he was so poor he had to wear a cardboard belt in *The Producers* (1968).

Insightful Guide Helps Teens Learn the Rules

A new book offers empowering lessons for teens facing some tough challenges.

Never before have teens been bombarded with so many challenges, says Cherie Carter-Scott, Ph.D., former teacher and author of *If High School Is A Game, Here's How To Break The Rules* (Delacorte Press, \$12.95).

Not only do teens have to worry about fitting in. They have to deal with the threat of school violence, peer pressure

to use drugs and have sex.

Teens are also targeted by advertising that wants to sell them products by making them feel even more insecure.

Carter-Scott confronts these problems in her new book, using the stories of real teens trying to find out who they really are and what they want out of life.

Packed with true stories of kids from all walks of life, the book offers down-to-earth advice for coping with the situations kids are facing today—everything from boyfriend blues and greedy moochers to more serious situations, such as STDs and suicide.

"I intend to give teens hope. I want teens to know that adolescence is not forever, and that there is a light at the end of the tunnel," said Carter-Scott. "I

want this book to help all teens make sense out of the confusion around them."

The insightful book, subtitled *A Cutting Edge Guide To Becoming Yourself*, offers provocative questions for uncovering a teen's likes and dislikes.

Complete with dozens of tips for dealing with authority, making the most of school (even if you're counting the minutes until it's over), and making decisions you can live with.

"One of the most difficult things to imagine is that something you do now might affect your entire life," said Carter-Scott. "Happy, successful people don't get that way by accident. They make choices during their life, choices that help them get to where they want to be."

NAPS

SSI Law Change Affects Planning for Disabled

by David Harmon

A recent law change closed Social Security Administration gaps in determining SSI (Supplemental Security Income) eligibility for the disabled. Prior to the new statute there was nothing in the SSA law regarding trusts. Now the law generally provides that trusts established with the assets of an individual or his or her spouse will be considered a resource for SSI eligibility purposes. However, a basic understanding of the new regulations, SSI, and state Medicaid law is critical to proper planning. Here are a few commonly asked questions answered by experts at MetLife.

Q. What is SSI?

A. SSI is a federal program usually administered by state agencies that provides income to the aged, the blind, and the disabled. Cash benefits are paid each month up to the "federal benefit rate." For the disabled, eligibility for SSI is based on need as well as disability. A person is not qualified to receive SSI if he or she has "countable resources" in excess of \$2,000 or "countable income" in excess of the federal benefit rate.

Q. What is Medicaid?

A. Medicaid is a state-administered, federally subsidized program that pays for needed medical care for eligible persons. An applicant's medical diagnosis, finances and age are used in determining eligibility. In most states

people who qualify for SSI automatically receive Medicaid.

Q. How do trusts come into all this?

A. Generally a trust is a legal arrangement that involves property and ownership interests that may or may not be considered a resource for SSI purposes. The new regulations call for close scrutiny as to whether any trust assets or income can be attributed to the disabled SSI applicant, or can be indirectly tied to the applicant. Under the new law, the general rule is that self-funded or self-settled trusts using the assets of the disabled person are countable resources for SSI purposes.

The good news is that SSA regulations still allow what are called special needs or supplemental needs trusts that have been established with the assets of third parties and do not consider these trusts a resource for SSI eligibility purposes. This means that parents, grandparents, or relatives can set up funding for the lifetime care of a disabled relative without worrying about losing SSI.

For more information about this and other related topics call 1-877-MetDESK or visit the MetDesk Web site at www.metlife.com/desk.

Mr. Harmon is the MetDESK Manager, and a parent of a special needs child. MetDESK is a division of Metropolitan Life Insurance Company, New York, N.Y. 10010, that focuses on the financial concerns of families with special needs children.

NAPS

Taiwan's Chen Shui-Bian His First Year as President

by Lorna Hahn, Ph.D.

Peace in Asia hinges on stability in the Taiwan Strait. China threatens to use force against Taiwan, "if necessary," to reclaim the island, which is now a flourishing democracy.

The United States, by an act of Congress, is obligated to help defend the people of Taiwan against possible aggression from China.

A key variable in the equation is Taiwan's president, whom some fear might drag the United States into a shooting war. Relatively few Americans know his name, or how he is performing, and it is important that they do.

Chen Shui-bian, after a turbulent political ride, celebrated his first anniversary as President of the Republic of China on May 20. The former mayor of Taipei came to office with only 39 percent of the vote in the first democratic change of political power in the history of Chinese civilization. He faced daunting challenges from without and within.

*His island country is isolated diplomatically and threatened militarily by massive forces on mainland China.

*Within Taiwan, the minority president finds himself roadblocked by a powerful political opposition which dominates the legislature.

What Chen confronted was new to him and new to the country: Post-World War II Taiwan had never before experienced a change of ruling party, a minority president, a need for coalition politics, or widespread questioning of basic national policies. Moreover, Chen had no experience in foreign affairs.

Confronting an implacable adversary without and a powerful phalanx of political opponents within, Chen's first months in office were a constant battle. Yet, when many were ready to count him down and out, he managed to turn adversity to his advantage and emerged stronger for the experience.

Chen Shui-bian survived a concerted effort by the political opposition not only to block his policy initiatives, but also to wrest power from him, even to

impeach and unseat him. The opposition coalition had both the will and the numbers in the legislature, yet stopped short of impeachment and recall because the people would not tolerate it.

Chen began to unfold his cross-Strait strategy at the beginning of his term. He saw it as his mission to steer the ship of state between the rocks of reunification with China and the shoals of independence, to a safe but undefined harbor. By the turn of the year, he was fleshing out principles:

*Taiwan's security is paramount. Translation: Neither war nor de jure independence (which would provoke war) is an acceptable situation.

*Taiwan is already independent. Therefore, there is no need to declare independence.

*The creation of a peaceful, stable cross-Strait environment is vitally needed.

*Taiwan should approach the mainland in the spirit of conciliation and cooperation.

At the core of Chen's new middle course is his concept of economic followed by political integration of island and mainland. It is a work in progress. In the meantime, Chen has lost no time putting his idea of "economic integration" to work.

The President's initiatives have resonated well in Taiwan: An April 29 survey produced a 57 percent approval rating for Chen despite the economic slowdown and record unemployment. Meanwhile, economic, business and cultural life between the two sides of the Strait flourishes, remaining largely unaffected by the political impasse. Chen's vision of economic and cultural integration is being realized without intervention of the political authorities.

Because of the PRC leaders' rigid mind set on "one China," all of Chen's efforts to find a modus operandi might be an exercise in futility. Still, they cannot accuse Chen of working to separate island from mainland because of his persistent efforts to bring the two closer together so that they may live in peace and harmony.

NAPS

Dr. Lorna Hahn is Executive Director of the Association on Third World Affairs, Washington, DC.



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Transportation Technology That Reduces Energy Use

In the United States, automobiles now consume only about 60 percent of the gasoline, per mile driven, that they did in 1972. But with gasoline prices and congestion rising, America is becoming energy conscious once again. Thousands of cars stuck during commutes in dozens of congested metropolitan areas waste many gallons of fuel over the course of a year. Looking ahead, demand for energy of all kinds is likely to outstrip domestic capacity to produce it unless there are changes, according to President Bush.

Much of the nation's transportation system, however, is meeting this challenge by focusing on ways to use intelligent transportation systems to reduce delays and provide real-time information on all transportation modes so consumers have more choice, according to the Intelligent Transportation Society of America (ITS America).

"We have tools to help people travel more efficiently and that improves how we manage our nation's energy resources," says Max Rumbaugh, executive vice president of the Society of Automotive Engineers, and secretary of the ITS America Board of Directors. "These tools include better timing of traffic signals to allow improved traffic flow. Also, giving out real-time trip-related information on routes, weather and transit choices. Electronic toll collection and faster response to highway accidents also help reduce fuel use."

For example, studies conducted in Los Angeles, Paris, and Toronto show that reductions in fuel use of between 2-13 percent have been achieved through improved traffic signal operation, according to the U.S. Department of Transportation. Motor vehicles use fuel more efficiently when they operate at consistent speeds.

Other studies show that with regular re-timing of traffic signals alone travel time can be reduced by between 8-25 percent, according to the Institute of Transportation Engineers. Shorter trips require less fuel.

Meanwhile, at New York state's heavily traveled Tappan Zee toll bridge

a manual toll lane can accommodate up to 450 vehicles per hour while the facility's electronic toll collection lanes can handle 1,000 vehicles per hour. "Motor vehicle engines get better fuel economy and pollute less when they avoid stop-and-start situations," says Rumbaugh.

If there is a highway accident, a general rule of thumb says it will take four minutes to clear the resulting congestion for every one minute it takes to clear the accident. Many localities are using highway cameras to cut response times, and minimize traffic slowdowns, vehicle emissions

and wasted fuel.

Also, if travelers want to use energy-saving public transit (subway, bus or ferry), pre-trip information available on the Internet in many cities helps them make mode choices, estimate travel times, and select routes prior to leaving.

NAPS ITS America is an educational and scientific public-private partnership of 600 member organizations promoting the use of advanced technologies in surface transportation. For additional information on intelligent transportation systems, contact ITS America, Suite 800, 400 Virginia Ave., SW, Washington, DC 20024-2730, call (202) 484-4581, or visit the ITS America Web site at <http://www.itsa.org>

Refusing to Tolerate Hate Crimes

by CA Attorney General Bill Lockyer
Hate crime laws in California recognize that there is an important distinction between free speech rights and violent acts motivated by bigotry. Just as the First Amendment allows the state to punish one who creates panic by shouting "Fire!" in a crowded theater, California's hate crime laws provide for stronger penalties when an act is clearly aimed at terrorizing whole communities.

Hate crime laws are important because these attacks are directed not only at the individual victim, but are also aimed at delivering a frightening message to an entire group in society who may look different or may have different beliefs than the majority.

History shows that hate crime laws are important tools in the fight against bigotry that turns into violent action. Last year, there were 1,957 hate crimes reported in California. Most of these crimes were motivated by the victim's race or ethnicity, and some by the victim's sexual orientation or religion. Over one-third of the incidents occurred at or near the victim's home. Hate crimes can also occur based on national origin, gender, or physical or mental disability.

California has more to lose than anywhere if hate crimes spread in our state. Nowhere in the world do more people from more diverse backgrounds live and work together - in relative peace. When that peace is punctured by an act of hate, we all suffer.

Community leaders, working with law enforcement, can ensure that California refuses to tolerate hatred among its people by taking the following steps:

- *Speak out against hate and intolerance.

- *Encourage public officials to state their opposition to hate crimes.

- *Establish a hate crime network that includes law enforcement, local government, schools, religious organizations and community-based organizations, that immediately responds to a hate crime when it occurs and promotes prevention and awareness.

- *Encourage reporting of all acts of hate to the local law enforcement agency and community leaders.

- *Support victims by offering support and assistance.

- *Teach children that acts of hate are not acceptable.

Martin Luther King, Jr. once said, "We will remember not the words of our enemies, but the silence of our friends." Every Californian can make a difference in creating a state where people are free to live and work together, without fear of intolerance or hatred.

For further information on hate crimes and how to prevent them, contact www.wiesenthal.com; www.splcenter.org; www.adl.org; or www.ag.ca.gov. Or, you may write to the Attorney General's Crime and Violence Prevention Center, 1300 I St., Suite 1150, Sacramento, 95814.

Fueling Automobiles Without Gasoline

In some communities, buses that used to burn diesel fuel are now testing technology that could greatly reduce the world's reliance on fossil fuels.

The fuel cell, after more than 50 years in development, is finally beginning to fulfill its potential as a gasoline alternative. Fuel cells silently convert natural gas, various liquid hydrocarbons or hydrogen fuel into electricity from an electrochemical reaction between hydrogen and oxygen. The technology is more efficient than internal combustion engines because the cells do not create as much unused heat.

What's more, fuel cells produce energy without combustion-heat and water vapor are the only byproducts-so the technology holds great promise for reducing greenhouse gases, thought to be responsible for global warming.

Petroleum companies recognize the advantages fuel cells can provide and are working with auto manufacturers and federal agencies to develop and test this environmentally clean technology. To date, efforts to put fuel cells to practical use have met obstacles, the

most significant of which are storing and delivering hydrogen gas to the cell. The most promising means for real-world use seems to be extracting hydrogen from methanol-a complex and expensive process.

However, most experts believe the obstacles will be overcome and fuel cells will provide power for affordable cars and trucks within 10 years. Beyond the next decade, the technology may very well become the accepted method for heating and cooling homes and powering most consumer electronics products.

Although petroleum products have been our most efficient and affordable power source for more than 100 years, the resource is not renewable. Eventually, we will need to produce energy without the use of petroleum products, and the petroleum industry is investigating options for sustainable, alternative energy sources.

To learn more about energy issues, visit www.oil360.org, a comprehensive site hosted by Sarkeys Energy Center, the University of Oklahoma.

NAPS

Tips for Making Iced Coffee

Some 1.6 million Americans drink an iced coffee beverage on any given day, according to the National Coffee Association.

Many people aren't aware that there are special techniques to brewing iced coffee at home. By following some simple tips, people can create a refreshing cup of iced coffee that has the same great taste and quality as the iced coffee they love to buy at their favorite coffee shop.

Tips For Making Iced Coffee

- *Select blends of coffee that use 100 percent high quality Arabica coffee beans and stay away from lower quality Robusta coffee beans," says Rob Stephen, Manager, Coffee Product Development. "Dunkin' Donuts' Coffee By The Pound, available online at www.dunkindonuts.com and in most Dunkin' Donuts shops, provides the perfect blend of beans to make a great cup of iced coffee."

- *Use a burr grinder instead of a propeller blade grinder to ensure that coffee is

ground to a consistent particle size.

- *To brew a full-flavored pot of iced coffee, double the strength of the coffee. Use four level teaspoons of ground coffee for every cup you brew.

- *After brewing, add enough ice to the coffee to double the volume. "The melting ice weakens the coffee's taste, which is why you must brew iced coffee stronger in the beginning," says Stephen.

- *To keep your iced coffee cool and fresh, store it in an airtight container in the refrigerator.

- *Only make enough iced coffee to last you through one day. The shelf life of iced coffee is approximately eight hours before its flavor starts deteriorating.

- *When serving iced coffee, don't be afraid to add milk, cream or sugar to sweeten and lighten to your liking.

- *Don't store your coffee in the refrigerator or freezer. Coffee beans absorb moisture and aromas around them. "Store your coffee in an opaque, airtight container in a cool, dry place," says Stephen.

NAPS



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Senior Central District #7 along with Senior Action Network (SAN) will sponsor Senior University on October 18 and 25, and November 1 and 15 from 10 a.m. to 3 p.m. at Visitacion Valley Community Center, 50 Raymond Ave. Free lunch, free raffle, and door prizes. Space is limited. Call now!!

Etta Green-Johnson, SAN (415) 863-2033

Alice Smith, Senior Central District #7 (415) 330-1789

Senior Central District #7 also has applications for Rebuilding Together (Formerly Christmas in April), as well as Homeowner and Renter Assistance Applications.

Senior Central District #7 is a Volunteer Site. For more information please call (415) 330-1789. We are located at 50 Raymond Ave. between Bayshore Boulevard and Alpha Street.

Grapevine Puzzler

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Historic Proportions

Match clues to answers.

1945

1. Big Three met Feb. 4 to plan future moves.
2. B25 bomber smashed into this on July 28.
3. War correspondent was killed in combat on Apr. 18.
4. Atomic bomb dropped here on Aug. 6.
5. Radio announcer Iva Togori arrested Sept. 8.
6. Bloody battle ended June 21 with U.S. victory after 83 days.
7. He became president of France on Nov. 13.
8. He resigned as British Prime Minister on May 23.
9. They won the NFL title on Dec. 16.
10. President died Apr. 12 of cerebral hemorrhage.
11. World Series winners on Oct. 10.
12. Created on June 26 to ensure peace in the world.
13. Dictator committed suicide on Apr. 30.
14. On Feb. 23, Marines raise U.S. flag on island.
15. Winner of Nobel Peace Prize on

Five Years Ago In the Grapevine

OCTOBER 1996

- *Valley residents began circulating a petition requesting the boundaries of Potrero Station remain unchanged. An earlier petition had circulated demanding Visitation Valley be designated entirely under one police precinct.
- *Visitation Valley Middle School received 151 computers donated and upgraded through the Detwiler Foundation.
- *Senator Milton Marks and wife Carolene presented the Visitation Valley Grapevine and Editor Len Appiano with awards for ten years of publication on Sept. 20.
- *Safety issues closed businesses and cars parked overtime were among topics discussed Sept. 28 at a revitalized Valley Merchants' Association meeting.
- *Trust for Public Land presented the Visitation Valley Task Force with a draft of *Community Goals for Park Revitalization in Visitation Valley*.
- *Dr. Sam Ho became medical director of the new Visitation Valley Medical Clinic on Leland Avenue.

Sump, the Grump

EXCUSE ME, SIR!
FOR WHAT?
A SILLY QUESTION?
MAYBE YOU HAVE A SILLIER ANSWER

San Francisco Gets a New Eco-Chief

New S.F. Eco-Chief Jared Blumenfeld

by Mark Westlund

In keeping with the tradition of naming staunch environmental advocates to the City's Department of the Environment, Mayor Willie Brown has appointed a new department head who has left his mark on some of the nation's top conservation organizations.

Jared Blumenfeld comes to the City from the Cape Cod, Massachusetts-based International Fund for Animal Welfare, where he was global habitat director. Over the past five years, Jared has worked on environmental problems in Africa, Asia, Australia, and Central and South America, battling in corporate boardrooms and working directly with indigenous communities. He led International Fund for Animal Welfare's successful campaign to stop Mitsubishi Corporation from building a salt factory in Baja's San Ignacio Lagoon, the winter calving grounds for the gray whale.

Prior to joining International Fund for Animal Welfare in 1995, an organization with an annual budget approaching \$70 million and offices in 15 countries, Jared worked with the Sierra Club Legal Defense Fund (now EarthJustice) to document links between human rights and the environment. He was also executive director of Earth Summit Watch, a project of the Natural Resources Defense Council that organized campaigns on improving the quality of air and drinking, and certifying timber as logged in an environmentally responsible manner.

Blumenfeld received a law degree from Boalt Hall School of Law at UC Berkeley, specializing in environmental law and human rights, and a degree from the University of London in international environmental law. He is a member of the New York Bar.

Announcing Jared's appointment, Mayor Willie Brown said "the City's Environment Department is responsible for making sure that we leave a better Bay Area for future generations, so it's vital that its director is willing to fight for what's right. Our legacy depends on our continued commitment to environmental conservation, protection and restoration, and I'm confident that Jared will take us in the right direction."

SF Environment was created through the charter reform measures adopted by voters in 1995, and started operation in late 1996 with sustainable development activist Beryl Magilavy at the helm. In 1999 Environment Commission President Francesca Vietor, who traced her environmental roots to Greenpeace and Rainforest Action Network, was appointed to succeed Magilavy. The Department has subsequently claimed a series of environmental wins for the City including reducing overall pesticide use by over 50%, increasing the number of alternative fuel vehicles used by the City, launching a first of its kind municipal green building program, and a program for improving residential and commercial energy efficiency.

Jared Blumenfeld replaces Francesca Vietor, who resigned in April, joining SF Environment at a time of significant growth, with several new program areas in development. The department has an operating budget just under \$2 million and will have a staff of 25 by year's end — up from a budget under \$300 thousand and a staff of three when Vietor became director in 1999. SF Environment also administers a \$13 million grant for environmental health and justice projects in Potrero Hill and Hunters Point, and an \$8 million grant to launch the Power Boosters program to help small businesses underwrite the costs of energy-efficiency improvements.

Jared is excited about the prospect of working with the Bay Area's environmental community to make real progress on improving our quality of life. "The City has been at the vanguard of the environmental movement for generations, and nowhere else on earth will you find a more environmentally aware and active public than in San Francisco," he said.

But San Francisco is also home. Not only did Jared attend law school in the Bay Area, he married San Francisco native Alexandra Nichols. They have two children. Alexandra's twin sister, Lizzie Nichols, runs Open Door Yoga in Noe Valley.

"San Francisco has come a long way from the days when toxic mining debris filled the Bay, and folks thought that urban planning meant filling in every creek bed — but there is still much to be done," Jared said, reflecting on the City's often turbulent relationship to its natural surroundings. "I am certain that together we can help to resolve serious environmental justice issues in the City's southeast neighborhoods, erosion problems at Ocean Beach, and potentially catastrophic loss of natural habitat. Together we can make San Francisco the greenest city on the planet!"

Mark Westlund coordinates public outreach for SF Environment, the City's Department of the Environment. You can find out more about SF Environment at www.sfenvironment.com, or call 415/554-6390.

Fighting the Fraud That Can be Fatal

Safety experts are working on ways to drive down the risk of injuries and death due to auto accidents.

They are, however, running into problems from a surprising source: airbag fraud. It's on the rise and may soon rank as one of the worst vehicle repair scams out there — and a potentially fatal one.

The average buyer may never know whether the airbag is there, until it's too late.

Last year, 2.5 million vehicles were totaled by insurance companies and issued salvage titles. More than one million of those or two out of every five were rebuilt and put back on the road. Even if the accident was minor, if the airbag deployed, airbag fraud is a risk factor.

According to the California Highway Alliance, one out of every 25 previously damaged vehicles inspected had phony airbags. Airbag systems are expensive to replace, so dishonest mechanics keep costs down and profits up by using incorrect, outdated or no system at all to replace the deployed bags.

Since it's virtually impossible for consumers to tell just by looking that dummy airbags were used, they purchase improperly repaired vehicles. The experts at Carfax.com recommend consumers perform the following checks to determine if an airbag is in good working order:

When tuning on the ignition:

- *The airbag indicator light should appear momentarily and then go out.
- *If indicator light remains on or flashes, there may be an airbag system problem. Take the vehicle to a qualified mechanic for further inspection.
- *If the light NEVER comes on, there could be a serious problem. The air bag may be missing and the bulb removed.

Airbag lights may not come on if the previous owner has had an on-off switch installed. Ask owner or dealer to provide a copy of the National Highway Traffic Safety Administration's letter authorizing the switch and have the airbag turned back on.

Car buyers should ask for a vehicle history report and see if the car has been in an accident. Carfax.com offers an easy way for consumers to find out if a vehicle has been in a major crash. If the seller doesn't offer one, log on to www.CARFAX.com or call toll free 1-888-4CARFAX (1-888-422-7329). Using this information and taking the vehicle to a certified airbag mechanic for inspection PRIOR to purchase can ensure a properly working airbag system and provide peace of mind.

NAPS

As a Matter of Fact

- *During the Roman Republic, it was illegal to charge interest on loans. The Roman Empire, however, permitted interest charges.
- *The U.S. Department of Agriculture reports that the average American eats 8.5 pounds of pickles a year.
- *Adrian VI, who reigned from 1522 to 1523, was the only Dutch Pope. He was born: Adrian Florensz Boeyens.
- *Before becoming president, Millard Fillmore was a wool carder, a teacher, a postmaster, and a lawyer.
- *In 1859, Charles Blondin walked a tightrope 160 feet above Niagara Falls with a man on his back.
- *Tooth enamel is the only part of the human body that remains unchanged throughout life.
- *The name *Jacob* comes from the Hebrew for *one who grabs the heel* or *one who restrains*.
- *Wedding rings were first worn by the Romans and were made of iron.
- *A piece of undeliverable mail is called a *nicie*.
- *George Bernard Shaw wrote the play *Major Barbara* with a specific actress in mind: Elanor Robson.
- *Litmus, the substance used to determine if a solution is an acid or base, is extracted from plants known as lichens.
- *Originally created as a single Dakota Territory by Congress in 1861, the boundary between North and South Dakota was established by Congress in 1889.
- *The oldest known rule book for the game of checkers was published in 1649.
- *According to legend, in 1847, an American sea captain Hanson Gregory was the first person to cut a hole in a doughnut.
- *Garter snakes, though reptiles, do not lay eggs. They bear live young.
- *A race horse can't have a name that contains more than 18 letters. Apostrophes, hyphens and spaces between words count as letters.
- *The average cat has stronger teeth than the average human.
- *The word "queue" is the only word in the English language that is pronounced the same way it sounds if the last four letters are removed.
- *On May 26, 1959, Joe Adcock of the Milwaukee Braves hit a home run with two men on base in the bottom of the 13th inning of a scoreless game. But because Adcock passed another runner on the basepaths, he was only credited with a double, making the final score 1-0.
- *In an opera, an aria is a vocal solo which expresses a character's feelings.
- *The first hole-in-one scored by both a father and son in the same game of golf were shot by Charles H. Calhoun Sr. and Jr. on Aug. 24, 1932.

Costume Safety Tips for Halloween

Halloween should be a time for fun and treats. Unfortunately, roughly four times as many children ages 5 to 14 are killed while walking on Halloween evening compared to other evenings of the year, and falls are a leading cause of injuries among children.

This Halloween:

- *When purchasing costumes, masks, beards and wigs, look for flame resistant fabrics such as nylon or polyester or look for the label "Flame Resistant." Flame resistant fabrics will resist burning and should extinguish quickly. To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.
- *Purchase or make costumes that are light, bright and clearly visible to motorists.
- *For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks also should be light colored or decorated with reflective tape.
- *Children should carry flashlights to see and be seen on Halloween.
- *Costumes should be well-fitted and not drag on the ground to guard against trips and falls.
- *Children should wear well-fitting, sturdy shoes. Oversized high heels are not a good idea.
- *Tie hats and scarves securely to prevent them from slipping over children's eyes and obstructing vision.
- *Swords, knives and similar costume accessories should be made of soft, flexible material.

Visitation Valley Police Log

*August 10: 8:05 p.m., 1800 block of Sunnydale Ave., aggravated assault with deadly weapon.
*August 11: 8:30 p.m. Rutland St. & Raymond Ave., aggravated assault with gun.
*August 12: 6:55 p.m., 1500 block of Sunnydale Ave., aggravated assault with bodily force.

*August 12: 10:20 p.m., 000 block of Blythdale Ave., grand theft from building.

*August 13: 9 a.m., 000 block of Garrison Ave., burglary of apartment house, forcible entry.

*August 13: 9 p.m., 000 block of Delta St., burglary, forcible entry.

*August 16: 12 noon, Rutland St. and Leland Ave., grand theft from locked auto.

*August 17: 7:50 a.m., San Bruno Ave. & Ordway St., grand theft from person.

*August 17: 8:30 a.m., 1200 block of Sunnydale Ave., burglary of apartment house, forcible entry.

*August 17: 6 p.m., 1600 block of Sunnydale Ave., burglary, unlawful entry.

*August 18: 4 p.m., 2500 block of Bayshore Blvd., burglary, forcible entry.

*August 23: 11 a.m., 100 block of Wilde Ave., burglary, hot prow, unlawful entry.

*August 25: 7 p.m., 2500 block of Bayshore Blvd., burglary, unlawful entry.

*August 26: 4:51 p.m., McLaren Park, robbery, bodily force.

*August 27: 9 a.m., 1400 block of Visitation Ave., burglary of residence, unlawful entry.

Plans for Statewide America Recycles Day

A coalition of state and local recycling programs are coordinating planning for California's participation in the fifth annual America Recycles Day, Nov. 15. The national recycling awareness day started with 37 participating states in 1997. In 2000, an estimated 3.3 million people in 50 states participated in some kind of America Recycles Day activities. For more information on California's America Recycles Day activities, contact Liz Citrino, (707) 268-2217.

*August 28: 6:30 p.m., McLaren Park, robbery on street with gun.

*August 29: 6:27 a.m., Velasco Ave. & Santos St., grand theft, purse snatch.

*September 4: 11 a.m., 1800 block of Sunnydale Ave., burglary of residence, attempted forcible entry.

*September 4: 8:45 p.m., Sunnydale

Ave. & Hahn St., robbery on street, strong-arm.

*September 5: 9 p.m., 000 block of Santos St., robbery on street, strong-arm.

*September 6: 7:45 p.m., Sunnydale Ave. & Bayshore Blvd., robbery on street with dangerous weapon.

A Look Behind the Recycling Numbers

In May, the California Department of Conservation Division of Recycling's released its "Biannual Report of Beverage Container Sales, Returns, Redemption and Recycling Rates" showing a significant overall drop in beverage container recycling to approximately 61 percent.

The report also showed statistically what many recycling coordinators already suspected. Consumer buying habits are changing the look of the beverage container aisle. According to the report, aluminum now only comprises 56 percent of the state's CRV

program sales, down from 70 percent in 1999. Aluminum container sales increased just 3 percent from 1999 to 2000. Meanwhile glass containers, which now make up less than 20 percent of the state's CRV sales, jumped 27 percent in sales in 2000.

Plastic containers grew from less than 10 percent of CRV sales in 1999 to more than 21 percent in 2000. Plastic container sales increased 191 percent between the two years. For more information or to receive a copy of the biannual report, contact the Division of Recycling, 1-800-RECYCLE.

Free Preschool

for 3-5 year olds
at
Bayshore Child Care Services
45 Midway Drive, Daly City

Preschool open now
until June 2002
1:30-4:30 p.m.
Monday-Friday
except school vacations and holidays

Call for larger family or eligibility details

(650) 758-0758

State preschool funded by the
California Department of Education,
foundations and donations.



Bayshore Child Care Services is a
licensed non-profit child care agency
serving families since 1978.

A Few Pointers on Life Not Learned in School

Here's some advice Bill Gates recently dished out during a high school speech about 11 things they did not learn in school. He talks about how feel-good politically correct teachings created a full generation of kids with no concept of reality and how this concept set them up for failure in the real world.

*Rule 1: Life is not fair — get used to it.

*Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something before you feel good about yourself.

*Rule 3: You will not make 40 thousand dollars a year right out of high school. You won't be a vice-president with a car phone until you earn both.

*Rule 4: If you think your teacher is tough, wait until you get a boss. He/she doesn't have tenure.

*Rule 5: Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping — they called it opportunity.

*Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes — learn from them.

*Rule 7: Before you were born, your

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee (except where noted). Call 554-9600 for further information.

*Oct. 6: Make your own *paper picado* (cut paper art) to get ready for Dia de los Muertos (Day of the Dead).

*Oct. 13: Form and decorate *Dia de los Muertos* skulls.

*Oct. 20: Go batty and make *bat finger puppets*.

Spend a fun day with games, crafts, food and entertainment at the Randall Museum Halloween Festival on Oct. 27

*In Memory of
Charles Arosio
August 19, 2001
Forever a Good Neighbor
in Visitation Valley*

VISITACION VALLEY GRAPEVINE - OCTOBER 2001 - 7

parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you are. So before you save the rain forest from the parasites of your parents' generation, try delousing the closet in your own room.

*Rule 8: Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to **anything** in real life.

Rule 9: Life is not divided into semesters. You don't get summers off, and very few employers are interested in helping you find yourself. Do that on your own time.

Rule 10: Television is not real life. In real life people actually have to leave the coffee shop and go to jobs.

*Rule 11: Be nice to nerds. Chances are you'll end up working for one.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator. (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE, DONE THAT! The Visitation Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work—Job Readiness Training." Classes are conducted by sensitive community trainers from Visitation Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877. **GRAPEVINE DISPLAY ADVERTISING** now half off regular rates for a limited time. Full Page: \$75; 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

October 2001

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

San Francisco City Meetings

Aging 1st Wed 9:30a, Airport 1st/3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth. 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec & Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, Supervisors Mon 2p.

Visitation Valley Community Center
Mondays: Senior Shopping 11:30 a.m.; Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; Thursdays: Sewing Class 9 a.m.-3 p.m. USDA Food Distribution Day is last Thursday of every month.

San Francisco City Services

ABANDONED CARS.....	781-JUNK
ANIMAL CONTROL.....	554-6364
BUS SHELTER DAMAGE.....	882-4949
CITY TREES (trimming).....	695-2162
CRIME STOPPERS (anonymous) 1-800-2GIVEINFO	
DOMESTIC/FAMILY VIOLENCE.....	864-4722
DPW.....(days) 695-2017, (nights/weekends) 895-2020	
EMERGENCY SERVICES.....	9-1-1
EMERGENCY SERVICES (cell-phone).....	553-8090
GARBAGE SERVICE COMPLAINTS.....	255-3610
GRAFFITI CLEANUP (DPW).....	241-WASH
GRAFFITI SUSPECT INFO.....	553-1603
INGLESIDE STATION (Anonymous 333-3433).....	553-1603
LELAND AVENUE RESOURCE CENTER.....	585-2675
MAYOR'S OFFICE.....	554-7111
MAYOR'S NEIGHBORHOOD SERVICES.....	554-6110
NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT	
PARKING AND TRAFFIC PROBLEMS (DPT).....	553-1200
POLICE (non-emergency).....	553-0123
POTHOLE REPAIR.....	695-2100
SAFE (neighborhood watch groups).....	673-SAFE
STREET LIGHTING CITY (out of order).....	554-0730
STREET LIGHTING PG&E (wood poles).....	693-3201
SUNNYDALE RESOURCE CENTER.....	586-7572
TRAFFIC SIGNALS (out of order).....	550-2736
TRAFFIC ENGINEERING.....	554-2300
VVMS ANONYMOUS HOTLINE.....	281-8406

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS

ASIAN OISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE

BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130

BAYSHORE SERVICE (mechanic) 2596 Bayshore

Bld., 239-5239

CHARLIE'S GARAGE (Charlie Awegh), 2550

Bayshore Blvd., 239-7450

T.W. AUTOMOTIVE (mechanic), 2500 Bayshore

Bld., 585-8281

VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520

Bayshore Blvd., 239-5880

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

CUNEO BAKERY, 96 Leland Ave., 239-6090

LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-

2253

BARBERS

DeMASI'S BARBER SHOP, 35 Leland Ave.

THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891

MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381

MIZ RENA'S SALON, 19 Blanken Ave., 467-3399

NAILS BY JENNY, 50 Leland Ave., 333-6800

WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING

SPEEOY ULTRASONIC BLIND CLEANING

(commercial and residential), 1116 Girard St., 467-

7506

BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-

4693

BOOKKEEPERS

AMY ARAGON, PROFESSIONAL BOOKKEEPER,

467-8927

VERNA WALLACE E.A., 2320 Bayshore Blvd.,

239-5333

CARPETS

HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS

CASKETORIUM, INC., 93 Leland Ave., 585-3451,

Cell 722-8500

CHURCHES

CHURCH OF THE VISITACION, 655 Sunnydale

Ave., 239-5950

IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

KOREAN FIRST PRESBYTERIAN CHURCH, 333

Tunnel Ave., 468-1213

RIDGE VIEW UNITED METHOOIST CHURCH,

590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240

Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave.,

467-6055

VISITACION CHINESE BAPTIST CHURCH, 8

Desmond St., 333-4503

CLOTHING

SPONA, 9 Leland Ave., 239-9631

OAY CARE

CAROUSEL OAY CARE, 261 Hahn St., 469-5353

DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert

Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS

GENEVA VALLEY DEVELOPMENT CORP., 333

Schwerin St., 587-7895

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS

IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2635

Bayshore Blvd., 239-5990

GROCERS

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-

7300

K.C. MARKET, 400 Wilde St., 467-3024

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave.,

586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd., 468-6800

SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580

7-11, 2200 Bayshore Blvd., 468-8646

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-

4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-

5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TEOOY'S MARKET, 298 Teddy Ave

VALLEY SUPER MARKET, 65 Leland Ave., 239-

7520

HERBS

KWOK HONG CHINESE HERBS, 57 Leland Ave.,

585-8751

SAN ON HERBS, 33-A Leland Ave., 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371

Teddy Ave., 468-5631

INSURANCE

ROBERT LEHMAN, CLTC, CMFC, 333-0850

KITCHEN CABINETS

LEE CHANG INTERNATIONAL, INC., 25 Leland Ave.,

333-2730, fax 333-1706

LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH INTERNATIONAL, 83 Leland Ave., 333-

9467

COIN WASH & DRY LAUNORY, 186 Leland Ave.

FORTY-NINER CLEANERS (David Chan), 51 Leland

Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-

1412

VALLEY LAUNORY, 90 Leland Ave

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-

9030

LEARNING

3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

VISITACION VALLEY COMMUNITY BEACON

CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland

Ave., 585-9320

LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING

THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER

NATIONWIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL

AMERICAN REO CROSS, BAY AREA CHAPTER,

1704 Sunnydale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public

Health), 333 Schwerin St., Appointments: 715-0310

OR SAM HO, MD, 9 Silliman St No 4, 337-

Recycling Good for the Bottle, Good for the Can

by Darryl W. Young, Director
CA Department of Conservation

With Californians facing a daily challenge to conserve energy, it may be easy to overlook other important resource conservation practices such as recycling. Easy, that is, until you realize that last year we threw away 6.3 billion aluminum, glass and plastic beverage containers - enough to circle the Earth nearly seven times.

If that doesn't catch your attention, consider this: those trashed containers were worth approximately \$160 million at the local recycling center.

Since the earliest Earth Day movements of three decades ago, California has been a national leader in recycling. Throughout the 1990s, we recycled an average of 77 percent of the bottles and cans purchased in California. Still, many of us fail to recognize the significance of tossing a plastic bottle or an aluminum can into a garbage can rather than a recycling bin. In 2000, nearly 40 percent of the 16.5 billion beverage containers purchased in California were trashed.

Tossing so many containers in the waste bin is more than a waste of money, it's a tremendous waste of energy and valuable raw materials as well. Once a bottle or can is land filled, it cannot be used again.

It takes more heat to create an aluminum can from aluminum ore than it does to melt down an existing can for reuse. In fact, the energy difference between processing raw aluminum ore and processing a recycled aluminum can - about 95 percent - provides enough saved energy to run a television for 2.5 hours.

As our recycling habits have fallen by the wayside, the market for raw materials made from recycled plastic, glass and aluminum has grown steadily. In some cases, this caused a shortage of recycled materials for manufacturers.

Most often an aluminum can will end up back on the grocery store shelf within 90 days as a new aluminum can. But it also can be used in softball bats, aluminum shingles for new homes or outdoor park benches and playground equipment.

Glass bottles in California already average about 28 percent recycled content, but recycled glass also is used to make fiberglass insulation, glass tiles and countertops in home construction, and a growing list of other products.

Plastic, which is recycled the least, can be used to make a variety of new products, from clothing to construction materials. Recycled plastic is found in decking materials, picnic benches, signposts, garden hoses and even kayaks.

Finally, local cities and counties with curbside recycling programs generate income from the California Redemption Value (CRV) of each bottle and can they collect, approximately \$64.4 million in 2000. In most cases, the income is used to offset the cost of recycling programs and waste collection services, thereby keeping customer bills lower. Tossing beverage containers into the trash deprives those local communities of revenue that can offset customer costs.

Many local charitable organizations, school activities and other social programs recycle bottles and cans for their CRV and scrap value. Imagine what \$160 million, the approximate amount of unredeemed CRV in 2000, would have done to support our local communities throughout California.

Recycling bottles and cans carries significant ramifications - economically, environmentally and socially. And recycling is relatively easy.

Beverage container redemption centers are located in many grocery store parking lots. A center is located within a mile of most stores selling CRV bottles and cans. More than 500 cities and counties throughout California have some kind of curbside collection program. Many parks, beaches and other public venues also have recycling bins.

So as you are out and about this summer, remember to recycle. It's good for the bottle. It's good for the can. It's good for California.

Grand Opening for Youth Opportunity Center in Sunnydale



Photo collage by Julie Kavanagh

Visitacion Valley neighbors celebrated the grand opening of the Youth Opportunity (YO!SF) Center on Aug. 23 in Sunnydale. Part of a new case management program of the Private Industry Council (PIC), YO!SF is intended to link Sunnydale youth with a full range of services through existing resources in Visitacion Valley and San Francisco. There are now four YO! zones in the City: South of Market, Mission, Bayview, and the new Sunnydale. YO!SF Sunnydale Center, located at 1704 Sunnydale Ave., which can be reached at (415) 406-1980.

When it Comes to Youth, Research Reveals a Gap Between Adult Belief and Behavior

Americans feel youth should be the nation's top priority. However, their actions suggest otherwise. Two recent surveys reveal a definite gap between what adults believe and their behavior.

When asked what the nation's highest priority should be, from five choices provided, 43% percent of adults ranked "preparing young people for the future" higher than improving healthcare (21%), keeping the economy strong (18%), reducing crime (12%) or protecting the environment (7%), according to research conducted by the Gallup Organization for America's Promise-The Alliance for Youth.

This is backed up by Grading Grown-Ups, a national report published by Lutheran Brotherhood and Search Institute, Minneapolis. The study reveals that a majority of adults believe they should be engaged in the lives of youth-providing the relationships and support young people need to develop into confident, independent and successful adults.

Yet, too few adults are acting on that belief. The Search study also shows

that too many young people are not reaping the rewards of positive adult engagement. In fact, a majority of 12- to 18-year-olds report they do not have sustained, intergenerational relationships; they are unknown in their neighborhoods; their schools are not warm places; and their communities do not value them.

But, there is an organization working

Celebrating Four Decades of America's First Regional

This year, America's first regional theme park is celebrating 40 years of thrills-with a spectacular year-long celebration with new rides, special events, shows and attractions.

Then: The story began 40 years ago on a barren prairie between Dallas and Fort Worth, Texas, with the vision of an oil baron named Angus Wynne. He imagined a brilliantly themed amusement park, large in scope but close to where people lived, making it convenient and affordable. The result was Six Flags Over Texas, the world's first regional theme park.

When the park opened, most Americans had never even heard of Neil Armstrong, so the thought of 100

to bridge this gap. America's Promise-The Alliance for Youth is engaging millions of adults in the lives of youth, where they live, work and worship.

"We need to transform our society. All Americans must pull their weight to ensure that all our children become children of promise," said Marc Racicot, former governor of Montana and chairman of America's Promise.

Themed Amusement Park

ful, high-tech propulsion coaster; and *Titan, the earth-defying, 25-story, razor-fast hyper-coaster.

However, while most people know Six Flags for its arsenal of roller coasters, the beloved Looney Tunes characters and DC Comics superheroes burst into life at its parks every day. Over the past three years, the company has introduced multi-acre children's and family sections featuring themes, rides, attractions and shows built around the characters. The experience also includes educational and exotic marine and wildlife parks.

After 40 years, the Six Flags brand of thrills continues to grow both domestically and internationally.

mile-per-hour roller coasters was as far-fetched as walking on the moon. During the next four decades, America evolved and Six Flags was there, entrenched in pop culture-an annual rite of summer for millions of families. Now: Today, Six Flags has more parks than any other theme park company, and more coasters than all other theme park companies combined. This summer, an additional 14 coasters will be added, including:

- *X, the world's first four-dimensional coaster;
- *Flying coasters Batman's Batwing, X-Flight and Deja Vu;
- *Nitro, the mega-steel hyper-twister;
- *Vertical Velocity (V2), the power-

NAPS

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